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"What I say unto you I say unto all, WATCH."—Jesus



Creativity and
Science

Challenge
Frustration



Spiritualization—
The Answer to Need

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2081 Spiritualization—The Answer to Need
Maria Soubier

2085 Walking into the Sunlight Harriette Meldrim Hill

2087 Doves (Poem) William B. Lynch

2088 Maintain the True View Deborah Jane Buchanan

2090 Challenge Frustration Charles W. Lindahl

2093 The Journey (Poem) Madge Elder

2094 A Simple Test Gloria Delroy

2097 Our Healing Hymns Persis E. Zuber

2100 How to Go (Poem) Margaret Singleton Decker

FOR CHILDREN

2101 Moses Helen Wood Bauman
See testimony, page 2116

EDITORIALS

2103 Creativity and Science
2105 The Affirmative Action of Truth

TESTIMONIES AND FEATURES

2109 Testimonies of Christian Science Healing
2118 Words of Current Interest
2119 Christian Science Lectures
2121 Signs of the Times

Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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"What I say unto you I say unto all, WATCH." Jesus

Spiritualization— The Answer to Need

MARIA SOUBIER

Wherever there seems to be a need, the answer does not lie in more matter or better matter but in a clearer recognition of the fact that being is spiritual, reflecting God, Spirit. Mary Baker Eddy, the Discoverer and Founder of Christian Science, writes, "Being is God, infinite Spirit; therefore it cannot cognize aught material, or outside of infinity."¹ Throughout her books she shows that since God is infinite Spirit and man is the likeness of God, as the Bible declares, man must image forth all God's spiritual qualities and be unable to "cognize aught material."

Christ Jesus said, "It is the spirit that quickeneth; the flesh profiteth nothing."² On this basis Christian Science shows that mankind's need is always to understand the nature of true being as the expression of Spirit. As one begins to comprehend in some measure the purity and perfection of Spirit, he will inevitably love Spirit and endeavor to live in accord with Spirit

in his daily life. Thus, step by step, he will awaken from the dream of materialism. One who glimpses this goal and decides to devote himself to a search for more spiritual understanding may find this question coming to him: "How can I spiritualize my thought?"

In *Science and Health with Key to the Scriptures* Mrs. Eddy shows plainly how this can be done. For instance, in the chapter entitled "Recapitulation" the first question is, "What is God?" and the answer follows: "God is incorporeal, divine, supreme, infinite Mind, Spirit, Soul, Principle, Life, Truth, Love." Mrs. Eddy then asks, "Are these terms synonymous?" and begins her answer with, "They are."³

The Gospel of John tells us that Jesus said to the woman of Samaria, "God is a Spirit."⁴ In the passage just quoted, Mrs. Eddy has defined God not only as Spirit, but also as Mind, Soul, Principle, Life, Truth, and Love. Each of these terms is either stated explicitly or implied in the Bible.

Since God is Spirit, and Spirit is divine Mind, it follows that a thought expressing the qualities of Mind would necessarily be a spiritual thought. A thought expressing the qualities of any of these synonymous terms—whether it be Soul, Principle, Life, Truth, or Love—would be a spiritual thought.

Infinite Mind expresses intelligence and wisdom. One endeavoring to spiritualize his thoughts and acts rejoices in these qualities of Mind and strives to express them in his human experience. He makes a special effort to show forth alertness and good judgment. Knowing that man is the reflection of infinite Mind, one can claim the ability to comprehend and understand and to express Mind's ideas fluently. Dwelling on the consciousness of infinite Mind as the only Mind, he is able to detect and refuse such aggressive suggestions as disorder, disorientation, disinterest, carelessness, apathy, indifference. Infinite Mind does not know such limiting concepts; hence they are no part of the real man. The true selfhood of every individual is forever unfolding. Hence it is natural for us—when we admit this—to progress, to go forward courageously, eager to tread new paths, ready to make fresh discoveries.

To fill thought with truths regarding the one, all-inclusive

Mind leaves no room for evil beliefs. In fact the allness of God, good, precludes the existence of anything unlike Him, of anything worthless or evil. Such suggestions are mere illusions, which yield to the realization of Truth.

God is not only Spirit and Mind; He is also Soul. It follows that one striving to spiritualize his thought will welcome Soul-concepts into consciousness.

A hymn in the *Christian Science Hymnal* rejoices: "From sense to Soul my pathway lies before me."⁵ We are here pictured as journeying from a material sense of existence up to the spiritual. The Apostle Paul describes this as putting off "the old man" and putting on "the new man."⁶

Soul is the source of spiritual sense. Spiritual sense cognizes good, and good only, while the so-called material senses are false beliefs that there is life and sensation in matter and that this matter is a mixture of good and evil. Exercising his spiritual sense and holding steadfastly to good, one breaks the fragile fetters of mortal illusion.

Soul is infinite consciousness and is conscious only of good. Then Soul expresses unlimited abundance. One whose thought is filled with Soul-concepts cannot be mesmerized by beliefs of inadequacy or lack. He turns from such falsehoods to the realization that Soul is ever whole, complete, satisfied.

The one making a prayerful effort to spiritualize his consciousness may remind himself of the truth regarding each of the synonyms for God. Divine Principle is the only cause, operating ceaselessly through the law of undeviating harmony; so man is always harmonious, and knowing this, we can demonstrate an orderly existence, free from accident or mischance. Life is irrepressible unfoldment. Hence man knows no wearing out or wasting away, no dwindling intelligence, no death. Truth is unerring and signifies permanent perfection; so the real man is now and forever perfect. Love is the consciousness that beholds reality.

As the student strives for spiritual growth, the realization will come to him that in truth he does not have to go through a process, since he is now the perfect idea of God. What appears as progress in his human experience is only the recognition and proof of what already exists. He has not been attempting to

spiritualize matter—that would be impossible. But he has been substituting right ideas for wrong beliefs.

The only man there is—the true selfhood of every individual—reflects each moment all the perfect qualities of God. This real man is not subject to matter. He was never born into a material universe; he is not encased in a material body; he is not governed by so-called material laws. The real man is the emanation of Mind, the expression of Spirit, the reflection of Soul, the manifestation of Principle, the evidence of Life, the proof of Truth, the revelation of Love.

My first healing in Christian Science came from a change of thought gained through reading the first few chapters of *Science and Health*. Medical doctors had decreed a life of semi-invalidism for me; but, as I read, a sense of God's tender care replaced beliefs of suffering and tension, and I was free and have enjoyed an active life ever since.

Spiritualization of thought never takes away any good but blesses immeasurably. It gives confidence, increases skills and performance, uncovers hidden abilities, and enables the seeker to find a satisfying sense of his own spiritual identity. Mrs. Eddy writes: "Through the accession of spirituality, God, the divine Principle of Christian Science, literally governs the aims, ambition, and acts of the Scientist. The divine ruling gives prudence and energy; it banishes forever all envy, rivalry, evil thinking, evil speaking and acting; and mortal mind, thus purged, obtains peace and power outside of itself."⁷

¹ *Miscellaneous Writings*, p. 72; ² John 6:63; ³ *Science and Health*, p. 465; ⁴ John 4:24; ⁵ *Hymnal*, No. 64; ⁶ Eph. 4:22, 24; ⁷ *Mis.*, pp. 204-205.

*The blessing of the
Lord, it maketh rich,
and he addeth no
sorrow with it.*

Proverbs 10:22

Walking into the Sunlight

HARRIETTE MELDRIM HILL

That morning I climbed to the hilltop house to say good-bye to my friend, who was leaving for Florida. It was autumn, and my feet rustled through dry leaves, golden and russet, as they lay thickly on the ground. But when I reached the brow of the hill and started up the driveway through the beautiful garden, I saw that my friend had gone. Heavy curtains covered the windows, the garage door was closed, choice plants were sheltered by leafy cuttings, and birds hovered around empty feeders. All activity seemed to be in a state of suspension. The garden had been bedded down for cold weather.

At home, not long before, my husband had died. Now as I looked around my friend's garden, it suddenly became clear to me that the body my husband had left behind was like this place. My friend had forsaken her mountain house for her winter place, but I knew that she would be just as busy there with her gardening as she had been here. My husband had left what had appeared as his physical dwelling place for a different state of consciousness, but as I stood in the deserted garden, I understood clearly that his activity had not stopped.

Inanimate body couldn't be, and had never been, man, because it expresses no activity, no intelligence. Then I saw that the inert, mindless body had never been man, the expression of God's being, but was only a counterfeit. As though touched by a shaft of sunlight, my thought became illumined with the reality of being. Life is eternal, because God is Life. And man forever expresses eternal Life. Man lives always in Spirit, not in matter. Nothing can stop man from endlessly expressing God in living, loving, knowing, seeing, hearing, acting, being.

The first chapter of Genesis affirms that "God created man in his

own image, in the image of God created he him.”¹ Expanding this thought, Mrs. Eddy writes, “As the image of God, or Life, man forever reflects and embodies Life, not death.”²

In the anguish of grief we seldom realize that we are really grieving for ourselves, feeling sorry for ourselves because we think we have been left alone. But God is always with us. We’re never separate from Life and Love. God is here and there and everywhere. And when we correct our concept of a loved one, seeing him as God’s spiritual idea and not as a material organism, we learn that his life is eternal.

How do we correct our concept of another? By understanding what we really love—not a physical body but rather the spiritual identity and the qualities the individual expresses. Qualities such as unselfishness, gentleness, kindness, goodness, integrity: these are evidences in human experience of man’s true being. Spiritual characteristics are continually being manifested and can never cease to be.

In *Science and Health* Mrs. Eddy writes, “The material body, which you call *me*, is mortal mind, and this mind is material in sensation, even as the body, which has originated from this material sense and been developed according to it, is material.” And she adds, “This materialism of parent and child is only in mortal mind, as the dead body proves; for when the mortal has resigned his body to dust, the body is no longer the parent, even in appearance.”³ When we recognize this fact, we are liberated from grief, because we begin to see that the death of the body cannot separate us from the ideas that are really man’s identity.

As the compound idea of God, man is ceaselessly progressing, in obedience to God’s law. And human beings who have been awakened to a glimpse of man’s true selfhood are progressing from belief in matter to the understanding of Spirit, step by step, as they accept the fact that God is man’s Life. Then they perceive that eternal Life is reached not through dying but by living in accordance with God’s perfect law of endless activity and perpetual harmony.

When we rightly identify man as a spiritual being, we discern the possibility of knowing all spiritual ideas in the limitless realm of Mind. No idea has ever been lost, and each one is inseparable from its divine source. All of God’s ideas coexist in the eternal presence of

divine Mind, untouched by time or space. A hymn in the *Christian Science Hymnal* assures us:

For all of good the past hath had
Remains to make our own time glad.⁴

As I walked back that morning through beautiful woods dappled with light and shade, a verse from the twenty-third Psalm brought further enlightenment: "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me."⁵ And I saw that death is only a shadow, having no actual substance. Because this is true, I saw that I could walk right on, without being overwhelmed, into the bright sunlight of Truth, which is ever present.

Christ Jesus understood the reality of Life and the unreality of death so clearly that he was able to restore his own body and the bodies of other individuals to normal activity after death was apparent. His spiritual discernment was crystal clear and unfaltering. And Jesus said, "If a man keep my saying, he shall never see death."⁶ Certainly we should expect to realize this promise someday. And now is the time to start working toward this goal by refusing to think of death as ending anything real. *Science and Health* puts it this way: "Life is eternal. We should find this out, and begin the demonstration thereof."⁷

¹ Gen. 1:27; ² *Unity of Good*, p. 39; ³ *Science and Health*, p. 416; ⁴ *Hymnal*, No. 238; ⁵ Ps. 23:4; ⁶ John 8:51; ⁷ *Science and Health*, p. 246.

DOVES

I want
the words to flutter
around you and land softly
on your shoulders in peace.
I want you to hear them
tell you of heaven.

Stand still
and they will gather.

WILLIAM B. LYNCH

Maintain the True View

DEBORAH JANE BUCHANAN

When trouble arises, what is our first reaction? Do we try to figure out what it is, why we have it, and how long it will be with us? Or do we immediately disown the intruding belief and deny its entrance into our experience?

Certainly, if there came to our door an individual who we knew would try to rob us of some good, we would not let him in. When a false belief comes to us, however, we are sometimes not so careful with our judgment and may let in the error, conversing and consulting with it until, perhaps much later, we find it has to be cast out as the nothingness it is.

When a disease presents itself, for example, material thinking would nourish this false belief in human thought by magnifying its menace. But Christian Science shows us that we need to banish belief in it from thought and not allow mortal mind to use us as a mouthpiece for its broadcast of contagion and disaster. If we are exposed to rehearsals of disease or other wrong conditions, we can deny these broadcasts any reality and affirm the eternal perfection of God and man.

Certainly, a sincere Christian Scientist would not intentionally be a mouthpiece for what is untrue. But what about the more subtle form of conversing with it, giving it credence, consulting with it to find its origin? This is broadcasting, too, but with a limited range, turning the volume down so only the immediate listener can hear! The solution lies in turning the broadcast off, not just down.

One weekend my husband and I went camping with another couple. We spent all the first day hiking down one hill and up the next, which was very strenuous for me. By the end of the day we were weary and retired early for bed in the camper. No sooner did I lie down than I felt I was suffocating.

I sat up quickly, straining for breath; and as I sat there in the dark, endeavoring not to disturb anyone, I tried to figure out which respiratory ailment was plaguing me and how I might have contracted it. Such efforts were not conducive to healing the condition. Instead, I had opened the door of thought to the marauder! But even as I was dealing with the suggestion as if it were a reality, my husband let me know that he was awake and vigorously denying any reality to the predicament.

Instantly it was clear to me how ridiculous my position had been. While I was cherishing the subtle and insidious suggestions of respiratory problems, my husband was uncompromisingly affirming my perfection as a child of God. I couldn't listen to error's broadcast and expect to be healed! I saw at once that God, Life, sustains and maintains His idea, man; that matter is powerless to impede Spirit's harmonious action; and that I was the reflection and effect of this harmonious action. Immediately the gasping stopped and my breath came naturally. Within a few minutes I was asleep, and there was no return of the trouble.

What struck me most about this experience was how I had unwittingly allowed lying suggestion to parade through my thought. We need to be alert that we do not accept into our thought, even for a moment, speculations about disease, its origin, its classification, its effects. Mrs. Eddy writes in *Science and Health*: "We should understand that the cause of disease obtains in the mortal human mind, and its cure comes from the immortal divine Mind. We should prevent the images of disease from taking form in thought, and we should efface the outlines of disease already formulated in the minds of mortals."¹

We need to guard against false beliefs, since we can experience only what is cherished in thought. This discipline needs to be constant in order to prevent as well as to heal disease and to correct any lying thoughts. As we cherish only Godlike ideas and reject all thoughts that do not reflect God, good, our experience will be healthier and happier, and we will be more able to help others.

Christ Jesus assured his hearers, "If ye continue in my word, then are ye my disciples indeed; and ye shall know the truth, and the truth shall make you free."² He didn't consult with matter, ask about the origin of a disease or its symptoms. He healed quickly

and effectively because he knew the truth of man as God created him in indestructible and eternal perfection.

As we claim that perfection immediately and constantly, false beliefs cannot gain a foothold, and we govern ourselves harmoniously and effectively.

¹ *Science and Health*, pp. 174–175; ² John 8:31, 32.

Challenge Frustration

CHARLES W. LINDAHL

You don't have to tolerate frustration. The Bible offers this promise: "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."¹

What a thrilling prospect! Happiness, joy, satisfaction, and peace beyond what we can imagine. God pouring out His riches, continually blessing us in ways unknown to us. And all we have to do is love Him.

But loving God has many dimensions. We can express our love for God by being grateful for His goodness, by being obedient to His direction, by giving Him the place of honor in our consciousness and subordinating material thoughts to spiritual inspiration. The better we understand God, the more natural it is for us to love Him.

Why do God's love, presence, and goodness sometimes seem so obscure? Let's turn to the Bible again. The passage earlier quoted continues, "But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God." If we are to become acquainted with the deep spiritual things of God, we must dig deep and diligently into the Bible. *Science and Health*

with *Key to the Scriptures* by Mrs. Eddy helps us to do this. And we must pray sincerely and regularly.

The temporary, material, surface sense of creation is misleading. Only through understanding the true spiritual nature of the universe can we scientifically claim and enjoy the full beneficence of God's goodness. *Science and Health* tells us, "As mortals gain more correct views of God and man, multitudinous objects of creation, which before were invisible, will become visible."²

God, who is infinite Spirit and all-powerful, creates all; therefore matter has no source or sustenance. What seem to be a material universe and mortal man are in fact only mistaken concepts, which lose their credibility as the facts of spiritual being are perceived and accepted.

In Christian Science we don't call on God as we might engage a job placement service, an investment counselor, or a real-estate agent. If we pray to the heavenly Father, assuming the position of a frustrated mortal seeking His assistance, we are not being consistent with the truth that man is God's image, right now as perfect and satisfied as God is. We may humbly ask God's blessing, but the scientific basis of our prayer is not that of a material creature in need; it must be as it was with Christ Jesus, the absolute truth of being, the majesty, beauty, order, perfection, and completeness of God's creation.

The realization of an inspiring job, a happy marriage, an effective, fulfilling life, is in truth not subject to material forces or circumstances. God isn't managing material objects and elements. Instead, God, Mind, is governing our thought, revealing to us our eternal unity with Him, supplying the inspiration we need to see through the illusions of material existence to the reality of infinitely good spiritual existence.

God is not a kind of superpower, rearranging components of a material world when we manage to hit the right combination in our prayers. God's creation is spiritual, and it is revealed to us by infinite Mind. In humble communion with Mind we discover God's order and harmony, which are spiritual and eternal. Our goal is not to reorder or reconstruct a material universe but to recognize and accept the spiritual universe, the only creation that has ever really existed. Mrs. Eddy writes: "Christianity causes men to turn nat-

urally from matter to Spirit, as the flower turns from darkness to light. Man then appropriates those things which 'eye hath not seen nor ear heard.' Paul and John had a clear apprehension that, as mortal man achieves no worldly honors except by sacrifice, so he must gain heavenly riches by forsaking all worldliness."³

Mankind has a tendency to pattern the divine after the human and to try to project how God's goodness is going to be manifested. But God's ways are higher than human ways. God is satisfied with His perfect universe; and we, too, will be as we rejoice in the nowness and completeness of His goodness.

What if we feel frustrated trying to find a job? If applying for a job, we do not pray for God to influence the thought of others in an effort to have them give us the job. Rather, we begin by affirming God as the creator of the one perfect, spiritual universe, and by appreciating His unlimited intelligence, power, and presence. This strengthens our conviction that in truth we are spiritual and are ever in our right place and doing our right work. To the extent we understand our true place and occupation to be in divine Spirit, our lives are harmonized and enriched. We find right employment.

Today we hear about changing life-styles. It may be tempting to ponder possibilities for redesigning our lives. But whatever improvements we might effect outwardly, progressive, inspired change can only be the product of consecrated prayer that recognizes the spiritual source and nature of all good. We establish our claim to God's goodness and care as we accept the truth of our complete spiritual identity and challenge the assumptions that chance, circumstance, lack of contacts, heredity, and so forth, can frustrate our happiness and peace. Then, instead of vainly struggling for happiness, we begin to appreciate the unlimited inspiration, goodness, freedom, peace, and satisfaction that are already ours.

There is a perfect place for everyone. We are not frustrated mortals trapped in matter who are capable or incapable, happy or unhappy, inspired or uninspired. We are God's ideas, living at this moment in His harmonious and orderly kingdom.

¹ I Cor. 2:9; ² *Science and Health*, p. 264; ³ *ibid.*, pp. 458-459.

THE JOURNEY

We read the story of the prodigal—
Perhaps the best-loved parable of all—
We know the happy ending, and rejoice.
But of the road he came and what befell,
We do not know—the story does not tell.

It may be he was a long while on the way
And grew discouraged, counting his slow steps;
Or took a wrong turn, only to retrace
More painfully the path that he had come;
Or even—tempted to turn back,
Fearing the unknown more than the once known,
Feeling himself unworthy to be called son—
Doubted his father's love and pardon at the end.

It would not have been a smooth and easy path,
Still he pressed on.

But when he was as yet a long way off,
His father saw him.

The father saw the son
Before the son saw the father,
Before he saw himself
As he really was,
As he had always been,
The beloved son.

And we ourselves who, like that erring son,
Have set out steps to reach our heavenly home
And feel as yet a great way off,
Take heart—that story is our own.

MADGE ELDER

A Simple Test

GLORIA DELROY

People are often remembered for something they said, sometimes for famous last words. In this bicentennial year, stirring words of the American patriots come readily to thought. Familiar indeed are Patrick Henry's "Give me liberty, or give me death!" and Nathan Hale's "I only regret that I have but one life to lose for my country."

After her discovery of Christian Science Mrs. Eddy committed her life to giving this Science to the world and founding the Christian Science movement. Her book *Science and Health* contains ideas that have revolutionized the lives of people the world over. Her words, too, have been quoted freely, but how many people are familiar with her *last* written words?

In reaching out one day for a deeper awareness of the already existing Truth, I began to feel profound gratitude for Mrs. Eddy. As I proceeded along these paths, I gained an increasing appreciation of her unique place and divinely motivated purpose. With awe I recalled these last written words of hers: "God is my life."¹

I realized that in these four words was a true test of the dedication of a student of Christian Science. I asked myself, "Would I, could I, make the same statement?" The affirmative answer came with quiet, humble conviction.

With the aid of a Concordance I studied places in Mrs. Eddy's published writings where she states the same thought in varying ways, for example, "If God is admitted to be the only Mind and Life, there ceases to be any opportunity for sin and death."²

That Life is God is absolutely basic in Christian Science, and it is helpful to test ourselves often on this point. Again, in the words of the Discoverer of this Science: "We all must learn that Life is God. Ask yourself: Am I living the life that approaches the supreme

good? Am I demonstrating the healing power of Truth and Love? If so, then the way will grow brighter 'unto the perfect day.' Your fruits will prove what the understanding of God brings to man." ³

How did this affect my day? What had I been admitting? In talking with several people during the day I mentally tested my thoughts and conversation against the standard of "God is my life." A relative, worried that her daughter was about to leave home for employment in another city, seemed unable to cope with this possible separation. Would prayer bring about the right course of action? she asked. I assured her it would but that prayer must be grounded on an understanding that neither she nor her daughter could be separated from God, good. Acknowledgment of this fact would bring about the right result for all.

When she called again, she was still afraid. Fortified this time with my recent study and self-examination, I declared that she did not need to depend on any person for her happiness, activity, or peace of mind. God, Life, is the source and fulfiller of life, and each one in reality is conscious of and willing to fulfill the Father's will and plan.

The next day the relative joyfully reported that the job had been secured by her daughter. The mother's greatest gratitude was for her own healing of insecurity and unwillingness to recognize God's direction of them both. She no longer fits the stereotyped description "her children are her life," which I had sometimes heard voiced but had never challenged. This time the correction had been made, and a personal sense of life in matter was exchanged for a truer sense.

In reviewing the calls of another friend, who had talked to me about his problems, I concluded that the conversation usually revolved around his business, and although looming business emergencies had in the past always been worked out, still the basic error remained unchallenged—the belief that his life was his work. The misconception that man is made to till the soil needed to be replaced with the truth. Working independently of God would indeed be hard work! But it's impossible. True satisfaction comes from obedience to Christ Jesus' words, "Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto

you.”⁴ The Gospels from start to finish ring with this truth, which was a keynote of Jesus’ message to humanity. Here lay the answer again—putting God’s work first. This brings satisfaction. One can become temporarily mesmerized with his business deals, false responsibility, and egotism—with “my work” instead of “Thy work.”

The following day, my friend stopped by to say he had had a good look at himself and realized that he had been putting off a most important step, which he now intended to take. He would apply immediately for membership in the branch Church of Christ, Scientist, he had been attending for several years. Would I sign his application?

He recognized his real desire was to respond to and be about his Father’s business, and he found that God—not his work—was his Life. He has since apportioned his time and energies in a more balanced manner. Now his sales—the added rewards—thrive on a sounder basis.

The shades of my thought (a shade of self-righteousness perhaps?) had been lifted somewhat by contemplating four words. Of course, it is not the words themselves but the idea, or truth, behind a statement that brings inspiration and healing.

“God is my life” necessarily includes the admission that matter is not my life, nor does life depend upon a material structure, nor is it subject to material laws. The belief of life in and dependent upon matter, being a false premise, without Principle or Truth, cannot produce a right conclusion. The spiritual unity of God and man is the starting point from which to demonstrate our dominion over the material senses, with their sinfulness, disease, and mortality.

God is Life, the only source of being, and it inevitably follows that man made in God’s likeness, the image of eternal Life, reflects Life by virtue of his existence as likeness. The more clearly we understand this, the more quickly we too will banish inharmonies, which result solely from a wrong evaluation of man’s origin and substance. Paul proclaimed in his sermon on Mars’ Hill, “For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.”⁵

We can resolve every day to rededicate ourselves to a deeper appreciation of Mrs. Eddy, to her writings, and above all to the

Principle that is Life itself. Give yourself a simple test. Watch to see who or what you are admitting as Life. Right thoughts have power. And sooner or later God must be supreme in our priorities.

¹ Sibyl Wilbur, *The Life of Mary Baker Eddy* (Boston: The Christian Science Publishing Society, 1966), p. 383; ² *Science and Health*, p. 276; ³ *ibid.*, p. 496;

⁴ Matt. 6:33; ⁵ Acts 17:28.

Our Healing Hymns

PERSIS E. ZUBER

From my early childhood, playing and singing traditional hymns was a favorite pastime in our home. That they could have deep, healing significance never occurred to me until I attended my first Christian Science church service many years later.

In the preface to the *Christian Science Hymnal* are these words: "The love and truth expressed through the hymns in the Christian Science Hymnal have helped and comforted many, and will continue to do so in increased measure. Woven throughout the structure of this Hymnal, with its songs of praise and gratitude to God, is the thought contained in the 'Daily Prayer' of Christian Scientists, 'May Thy Word enrich the affections of all mankind, and govern them!' (Church Manual by Mary Baker Eddy, p. 41)."

After an agonizing period of illness that left me dependent on drugs, I was persuaded to attend a Wednesday evening testimony meeting at a branch Church of Christ, Scientist. It was different from any service I'd known. I felt a bit ill at ease—until the first hymn was announced. As the organist played it through, I recognized an old friend. But the words were different. Much more meaningful!

The meeting challenged my awakening thought. Tensions began

to ease, and fear dropped away as I raptly took in the readings from the desk and the testimonies of healing so gratefully and sincerely given by many in the congregation. The healing message was clinched by the closing hymn. "I drop my burden at His feet,/And bear a song away"¹ were the final words. Right then I knew I was on the upward path. Oh, how I sang that hymn—all the way home! The healing of the drug dependence followed.

With the purchase of my own *Hymnal* came closer study and appreciation of the skill exercised in adapting to the old tunes verses that are uplifting, healing, never dreary or woeful. Throughout the texts one finds God, the all-loving, never-punishing Father-Mother, never separated from us, His beloved children; one finds the eternal Christ, always present to comfort and bless. Here are resurrection messages of hope and salvation for *today*, for every day, not limited to one time or place, revealing God as Life, as Love, Truth, Soul, Spirit, Principle, Mind—God as *All* and man as His true reflection, whole, pure, free. Here are uplifting messages for every aching heart! And these hymns are not restricted to church use alone. The alert ear may hear them hummed or sung wherever there is need of reassurance, guidance, healing.

Mrs. Eddy appreciated good music. "Music is the rhythm of head and heart," she says in *Science and Health*. She adds, "Mortal mind is the harp of many strings, discoursing either discord or harmony according as the hand, which sweeps over it, is human or divine."² The healing cadences of warmth and compassion pulsate through her poems. Seven of these tender prayers in verse have been included in the *Hymnal*.

The hymns sung in Christian Science Sunday services throughout the world are chosen by the First Reader of each church to harmonize in their healing content with the message of the Lesson-Sermon in the *Christian Science Quarterly*. The Reader also selects the hymns sung at the Wednesday testimony meetings. Often hymn-related healings are gratefully acknowledged at these meetings and in the Christian Science periodicals. The first testimony of healing I ever gave was the following, impelled by gratitude for our hymns.

One evening early in my study of Science, I seemed propelled to the piano with an urgency of no apparent origin. Opening my

Hymnal, I began to play at random old favorites and new. I found I was not just singing the words, I was praying them. The first touch of peacefulness came with the opening words of Hymn No. 30, one of the settings for Mrs. Eddy's poem "Love." I then played our Leader's hymns in all their settings over and over, concluding with "Mother's Evening Prayer." With the words "His arm encircles me, and mine, and all"³ the most complete, reassuring sense of our unity with God enveloped me. I felt "His arm"—the tender but so strong embrace of the healing Christ.

I began to sense the nowness of Christ Jesus' promise, "Lo, I am with you alway, even unto the end of the world."⁴ Whatever had alarmed my thought disappeared as I glimpsed something of the all-presence and all-power of infinite Love, which left no place for suggestions of threat or danger or inharmony of any kind—not on my premises, those of my loved ones, those of my fellowman. I recognized the Christ to be here always and in all ways, effectively meeting every human need, unlimited by finite concepts of time or distance.

It became clear to me that the Christ, the true idea of God, is eternal, not beginning with Jesus' birth nor ceasing with the end of his ministry, but living to bless and heal today and forever. It was like a floodlight, so illuminating my thought that there were no dark shadows left. Fear, sin, sickness—all error—are really only dark corners of mortal belief. When the light of Science is beamed into these corners, we find no darkness at all—no error! I arose from the piano totally at peace.

A few minutes later the phone rang. It was our college-age daughter in another city. She was so distraught that we decided to go to her immediately. The hour's drive seemed endless. I didn't know much about Science at that time, but I sensed the significance of my hymn experience, and I clung to the promise, "His arm encircles me, and mine, and all."

When we arrived, the police were piecing together what had happened—the tale of an armed intruder, that missed being played to its violent conclusion only because the girl "happened" to take the phone with her while she showered and changed. Had the phone been left in its usual place in the living room of her tiny apartment, there would have been no means of summoning help.

The testimony I gave the following Wednesday expressed but a fraction of my profound and eternal gratitude for the protective, healing power of our hymns. They serve as songs of praise, declarations of devotion, fervent prayers, and uplifting and effective scientific treatment. Indeed, they can play a significant part in helping to bring into our lives the fulfillment of the "Daily Prayer" by Mrs. Eddy, which is quoted in part in the extract from the *Hymnal* at the beginning of this article. The prayer reads in full: "Thy kingdom come; let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!"⁵

¹ *Hymnal*, No. 402; ² *Science and Health*, p. 213; ³ *Hymnal*, No. 207;
⁴ Matt. 28:20; ⁵ *Manual of The Mother Church*, Art. VIII, Sect. 4.

HOW TO GO

I truly sought my Father's will,
 listening, still,
 earnest, sober,
 waiting an appointed way—
 a where when why.
 Then I
 became aware
 of *how* . . .

The ringing answer,
 joy-inspired,
 angel-choired:
 "Go singing!"
 Not only where when why
 but how—
 always singing,
 bring grateful heart, obedient feet
 whatever designated way.
 "Go singing!"

MARGARET SINGLETON DECKER

Moses

Helen Wood Bauman

Do you know the Ten Commandments? A man named Moses, a Hebrew, wrote them down long ago. But he didn't make them up. He said when he told the people about them, "God spake all these words."¹

The Ten Commandments are laws for governing people. Other nations around the Hebrews had laws, but



they were made up by kings, or rulers. And their laws were often changed when a new king was made ruler. But the Ten Commandments have never changed, and they never will. When we obey them, we are doing God's will. We are letting His laws govern us. And this is the true way to worship Him.

Moses was the first person to show people how to worship God by obeying His Commandments. When we obey these Commandments, they protect us. We are always safe when we are obedient to them. When everyone in the world learns to obey God, there will be peace everywhere. Everybody will respect everybody else, and there won't be any more fights.

The nicest thing about obeying the Commandments is that this helps us to live in the kingdom of heaven. Christian Science shows us that we can live in heaven right now because heaven means government by God's law. In heaven everyone is happy and no one is sick or in pain. And there aren't any accidents, either.

It's important to learn the Ten Commandments and know what each one means. Never forget them and never break a single one. They are in the Bible in the first seventeen verses of Chapter 20 of Exodus. The first four show us our duty to God and the other six show us our duty to each other. You can take your Bible and study them all. And promise yourself that you will always obey them by loving the one God, good, and by loving your neighbor, who is really God's image.

We must always love Moses as the first great lawgiver to mankind. He knew how to obey God. In *Science and Health* Mary Baker Eddy says, "You will learn that in Christian Science the first duty is to obey God, to have one Mind, and to love another as yourself."²

¹ Ex. 20:1; ² *Science and Health*, p. 496.

Editorials



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Creativity and Science

"There's nothing new under the sun."

This common remark hints at metaphysical truth. There's nothing new to creative Spirit, God. Spirit is the only originator, builder, source. Spirit's work is finished and ideal.

How often we need and look for creative solutions to problems! In essence, these can come only from Spirit. Truly creative solutions don't arise in mortal consciousness. They're not the product of human reasoning, no matter how clever such reasoning is according to its own evaluation. Though we should arrive at what looks to us like a total impasse, an unclimbable mountain range, a trackless desert, there already exists a fruitful course of action, a solution. It exists because divine Principle exists, because nothing *but* Principle and its intelligent expression is active anywhere.

Troubles needing creative solutions don't really exist. This fact is the key to their resolution. We turn this key in the measure that our reasoning consciously arises from Principle. If we think our way out of a dilemma is to be found in the electrochemical action of a physical brain, the best we'll come up with will be some relatively short-lived, noncreative solution that must finally prove deficient.

Inspired creativity is quite different from the excursions and flights of human imagination. That mortals have made other mortals, created empires, corporations, families, works of art—along with the belief that man is a mortal creating great difficulties for himself—is an appearance that belongs to mythical material sense.

So often human solutions to problems seem to bring on new problems. The genuinely creative solution is badly needed. We can be encouraged, though, that ingenious and practical ways of working

through challenges—in technology, in government, in family affairs—are heartening evidence of the action of divine Principle, and of human thought yielding to divine Principle.

Isaiah attributes to God these words: "I create the fruit of the lips."¹ The actor, singer, writer, can accept this as indicating God as the source of the intelligence from which stem all genuine artistic expression and performance.

In business, in the home, in the studio, the truly creative thinker is the one who is ceasing to believe he's a personal creator, a fountain of sparkling ideas. He's becoming a spiritually scientific observer of God's divine creation, already perfect, already established, already in flawless operation. Above all, he knows himself to be evidence of creative Mind rather than a mortal with a finite and personal creative mind. He's imaginatively practical, seeing fresh and effective ways of doing things, new business opportunities, novel ways of easing the tensions of human living.

In the spiritual reality of all things, nothing more has to happen for existence to be complete and perfect. To consider another application of this truth: can anything be more helpful to the expectant mother than the spiritual realization that divine Life is the only creator? "The multiplication of a human and mortal sense of persons and things is not creation,"² Mary Baker Eddy points out in *Science and Health with Key to the Scriptures*.

Spiritually understanding this passage relieves anxieties relating to pregnancies. God does everything. Therefore man arises from that which is immortal and eternal. Life is the environment of its spiritual ideas, or children, and this divine environment contains all that the ideas need. Created complete, Life's children are never embryonic and with an uncertain potential and future. Divine Life molds its ideas, fashioning man's every detail. Life nurtures and sustains its child, bears and upholds its children effortlessly and painlessly. Life, God, the only source of being, directs and coordinates every function of its expression, plans every item of each idea's unfoldment.

Mrs. Eddy writes of mortals, "They believe themselves to be independent workers, personal authors, and even privileged originators of something which Deity would not or could not create." She continues: "The creations of mortal mind are material. Immortal

spiritual man alone represents the truth of creation."³ The highest originality comes from admitting God to be the only originator. In the measure we do this with scientific understanding it opens our thought to floods of intelligent and fresh concepts. To believe oneself to be an originator is either dulling and ultimately frustrating, or it carries one off willy-nilly on currents of mortal egotism. *Science and Health* makes this analysis: "Whatever seems to be a new creation, is but the discovery of some distant idea of Truth; else it is a new multiplication or self-division of mortal thought, as when some finite sense peers from its cloister with amazement and attempts to pattern the infinite."⁴

Authentic humility lies in recognizing divine Principle as the only creator and man as the whole emanation of Principle. In this regard these words of Christ Jesus—though so familiar to so many—have such fundamentality that their value to us is inexhaustible: "The Son can do nothing of himself, but what he seeth the Father do."⁵

Real creativity never belongs to mortals. It eternally inheres in divine Life, and we can find it there now, and set course for a more useful and fuller life.

GEOFFREY J. BARRATT

¹ Isa. 57:19; ² *Science and Health*, p. 263; ³ *ibid.*; ⁴ *ibid.*; ⁵ John 5:19.

The Affirmative Action of Truth

Affirmative action. A bright hope or a grim threat?

In many countries today great efforts are being made to ensure equality of opportunity for all citizens. Sometimes a removal of barriers to progress is found sufficient of itself to correct past injustices with reasonable speed; elsewhere special programs need to be developed to give positive advantages to those suffering from earlier discrimination. These programs, designed to correct former injustice or neglect, are described in the United States as "affirmative action."

But while correcting past abuses for some, these programs can result in reverse discrimination for others; they can threaten hardship or apparent hardship to groups and individuals. This situation

then arouses fear and resentment, which can slow down or halt the useful advances of affirmative action. How can society find ways to develop and implement the bright hope of affirmative action swiftly and effectively while avoiding the threat of reverse discrimination it may hold for others? By recognizing the spiritual origin and inspiration of true affirmative action; by recognizing that really affirmative action must derive from divine Truth, God.

In Christian Science, Truth is identified with God, the one infinite governing intelligence and wholly good Principle of all that really exists. Truth, understood as divine and so spelled with a capital letter, is always supreme. It is never delayed, never uncertain, never divisive. In *Science and Health* Mrs. Eddy writes of it: "Truth is affirmative, and confers harmony. All metaphysical logic is inspired by this simple rule of Truth, which governs all reality."¹ The affirmative action of divine Truth governs man and the universe in perfect harmony, blessing all and threatening none.

This affirmative action of divine Truth appears on the human scene as the Christ, Truth, touching and transforming every human condition. Its action is described by Christ Jesus in the words, "Ye shall know the truth, and the truth shall make you free."² This liberating action, besides being affirmative, brings harmony. It frees some from past injustices and others from anxiety about present or future injustices; and it ensures ample good for all.

Man, as revealed by Christ, Truth, is the perfect spiritual likeness of God. He expresses individually and uniquely the completeness of his divine source. He reflects all good, all substance, all ability and capability; he includes all opportunity and activity. He has never been underprivileged or overprivileged, unjustly advantaged or disadvantaged, has never lacked his full measure of good. He is not divided and never has been divided into material groupings distinguished by physical color and gender or by human creeds that might claim to limit his progress. The words of the father in Jesus' parable are and always have been true of every individual child of God: "Son, thou art ever with me, and all that I have is thine."³

Study of the social sciences is highly popular today; and these sciences are looked to for the solution of many human problems. Students of these sciences will most surely find their solutions as they act on the Bible verse, "O thou that hearest prayer, unto

thee shall all flesh come.”⁴ All flesh, black, white, red, or brown, male or female, every human problem collective or individual, can be taken in prayer to divine Truth. And divine Truth hears and answers prayer with universal and impartial benevolence.

So it is with our need to formulate affirmative action programs, to finance, staff, and execute them. When the solutions come from divine Truth, no one need feel afraid, no one need feel threatened. The affirmative action that receives its original inspiration and continuing impulsion from divine Truth will most quickly achieve its purpose without threat or injury to anyone.

The affirmative action of Truth is potent and continuous. As the eternal facts of Christ, Truth, of God and the spiritual nature of man, are vigorously and persistently acknowledged and entertained, they guide us to the most affirmative and productive action at every level of daily living, in our homes, in our offices or work stations, in our communities. They inspire us to help establish right and correct wrong in the most orderly and loving manner.

Mrs. Eddy writes, “It is Truth’s knowledge of its own infinitude which forbids the genuine existence of even a claim to error.”⁵ Divine Truth, eternally knowing and declaring its own infinitude, inspires all who turn to it with those concepts, ways and means, that will most rapidly and harmoniously cast out the results of past errors and ensure present and future justice for all.

Individuals have proved that the affirmative nature of divine Truth, acknowledged in scientific prayer, can correct past injustice and open wide the gates of opportunity. They have found their abilities enlarged and their capabilities recognized and accepted without the help of process or program. No individual’s progress is bound to wait on society’s action.

But to whatever extent affirmative action by society is needed—and it certainly is needed in many areas—that action will be swiftest in its results, will be most continuously effective, and will most successfully avoid even the appearance of injustice to any, if it derives its inspiration from the affirmative action of divine Truth. Then so far from arousing fears, it will impartially bring recognized blessing to all.

PETER J. HENNIKER-HEATON

¹ *Science and Health*, p. 418; ² John 8:32; ³ Luke 15:31; ⁴ Ps. 65:2; ⁵ *No and Yes*, p. 30.

*"Arise, shine;
for thy light
is come"*

Isaiah 60:1

The saving power of Christian Science has dawned on thousands of grateful people. They have found God, the only Life — and the Christ, bringing God's power into their own experience.

How do you show your gratitude for blessings so great? Generous, continuous financial support of the Church Mary Baker Eddy founded is one way. It expresses a living acknowledgment of the light shining in your life. And it means others are helped to find the light, too.

Gifts for The Mother Church and its activities should be sent to:

**Marc Engeler, Treasurer
The First Church of Christ, Scientist
Christian Science Center
Boston, MA, U.S.A. 02115**



Testimonies of Christian Science Healing

[Original in German]

At one period I was ill with symptoms of what appeared to be tuberculosis. I lost a considerable amount of weight during this time. I believed that my work load was too heavy, and I felt very miserable. I had treatment from Christian Science practitioners at different times, for which I was very grateful. Many days when I felt discouraged I would remember the wonderful healings I had experienced through this religion at the beginning of my study of Christian Science—which I have previously related in a testimony in this periodical—and each time I again would find the strength to go on.

I endeavored to gain a better understanding, not that there was a state of illness to be healed, but that the symptoms of illness in reality had never existed, because, as Christian Science teaches, man is always the perfect idea of perfect God. I studied many passages in *Science and Health with Key to the Scriptures* by Mary Baker Eddy concerning man. In doing so, the following passage particularly attracted my attention (p. 369): "In proportion as matter loses to human sense all entity as man, in that proportion does man become its master." I reminded myself of this passage many times until it became clear to me that the real man—and there is no other, no matter how it may appear to erroneous sense—has never been touched by a claim of illness, since he resides, unhurt and intact, in God. I learned to recognize myself as this man. A great joy came over me when I realized

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

that I was healed. Many years have gone by and the healing has remained permanent.

Through this experience I have learned to become more steadfast in the truth and to depend more on divine Mind for the qualities necessary to perform my daily work, such as intelligence, perception, patience, unselfishness, and to give up negative qualities, such as a false sense of responsibility, doubt, impatience. I understood better what Jesus meant when he said (John 5:19): "The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise." I learned to understand more clearly that God is expressing Himself, that this is evidenced through divine reflection and takes place effortlessly, and that no burden is imposed on man as His reflection.

I am grateful to be able to say that during this experience I was able to perform all my duties without one single day's interruption.

In *Science and Health* Mrs. Eddy makes this statement (p. 425): "What if the belief is consumption? God is more to a man than his belief, and the less we acknowledge matter or its laws, the more immortality we possess." I have come to understand the truth of these words and would like to tell those who are having a similar experience and who read my testimony: Never give up!

I could no longer be without Christian Science, and I would like to say with Paul (II Cor. 9:15), "Thanks be unto God for his unspeakable gift."

(Mrs.) CHARLOTTE KROEMER
Frankfurt/Main, Federal Republic of Germany



Healing in Christian Science goes hand in hand with regeneration of character. It is a joy to be learning some of the lessons that accompany spiritual healing and to discover that healing is natural to regenerated man.

To be consistent in living Christian Science, I have found it especially helpful to avoid self-diagnosis of physical ailments. I see the wisdom of not stringing physical symptoms together, giving them a disease name.

One time several years ago there were signs that threatened to incapacitate me if I accepted the symptoms. This had gone on for several months. I was at my desk at the office one morning when it seemed my ankles would not carry me when I tried to stand. I left my desk with some difficulty and walked to the elevator and rode to the ninth floor. I had no especial place in thought to go but needed to be apart to pray and to acknowledge freedom of health and action.

Denying that I was in pain or could be kept from fulfilling the day's work, I walked around until I arrived at the head of a staircase. I decided to walk down the stairs thanking God on every step. To begin, I thanked God for Life, Truth, and Love, then I thanked Him for the Lesson-Sermons in the *Christian Science Quarterly*, and for the joy of work in offices that produce the Christian Science periodicals. There were abundant ideas to thank God for. I thanked Him for doing all things well. It took less than fifteen minutes to walk from the ninth floor to the street floor. When I arrived, having thanked God on every step, there was no more pain in my ankles and I could move freely. I have not suffered from that condition again. It was not a display of human will to walk down the steps; rather I feel it was the inspiration to praise God that healed me.

As healing and regeneration are a continual awakening, I find much comfort in the hymns. They confirm the good God is constantly giving. One hymn says (*Christian Science Hymnal*, No. 275):

Light blesses opened eyes,
Joys like the dawns arise
As we see Him our God and Friend.

At one time I was serving as librarian in a Christian Science Reading Room. I loved putting *Science and Health* by Mrs. Eddy into the hands of newcomers. For some weeks, although I could always hear what visitors said to me, sounds were indistinct and my hearing appeared to grow worse. I knew this condition must be healed. During a week of vacation I got down to work, regarding the holidays as a space for healing and prayer. The first three days were spent in study of the Bible and Mrs. Eddy's writings, and in consistent prayer.

For one moment at the end of the third day I was puzzled that the symptoms of poor hearing could seem more pronounced when

I had gained much inspiration in my study. This questioning was met by a sharp rebuke in my consciousness, "That is none of your business!" Grateful and relieved, I felt a great weight of responsibility fall away from me and saw the truth of Mrs. Eddy's words as never before (*Science and Health*, p. 395): "Like the great Exemplar, the healer should speak to disease as one having authority over it, leaving Soul to master the false evidences of the corporeal senses and to assert its claims over mortality and disease."

I now trusted Soul to remove the false evidence of impaired hearing and understood clearly that healing is consonant with an understanding of God as ever-present Love. It was a great joy to have my hearing fully restored during that week. I heard the brook on the pebbles outside and many small sounds that had escaped me for some time. My hearing has been keen ever since.

I am glad my parents were receptive to Christian Science when it was first presented to them. I was enrolled in the Christian Science Sunday School before I was three. My father early instilled in us the desire to never miss a Sunday, as he knew the teaching was most valuable. Over the last few years the wonderful good of the teaching of Christian Science has grown even more beautiful to me. I am learning God does not wait on the physical senses to develop His perfect plan for man. "The divine modes and manifestations are not those of the material senses" (*Miscellaneous Writings* by Mrs. Eddy, pp. 361-362). It is demonstrable fact that we have our being in God—man's origin is spiritual, not material. The simplicity that was in Christ Jesus becomes the context of our lives.

The example of Christ Jesus no doubt inspired Mrs. Eddy when she spent long nights in prayer in founding the Church of Christ, Scientist. She did not stop in her search until her human reason found rest in divine wisdom. Out of this dedicated prayer she wrote the By-Laws of the *Manual of The Mother Church*, which remain today a source of permanent good.

After twenty-five years at the headquarters of the Christian Science movement, I have great confidence that God is prospering the Cause of Christian Science and the message of healing and comfort to the world in *Science and Health*.

(Miss) JANE CUNNINGHAM
Cambridge, Massachusetts

My "grateful garden" has many sturdy blooms. I am especially grateful for healings of irregular heart action, influenza, and other illnesses. These healings have taken place over many years.

When television was first employed to warn the public about detection of malignancy, I was not alert to guard my thought. When a lump appeared on my body, I became frightened. There was no diagnosis but the pain and fear I felt for months seemed very real. When I admitted this fear to a Christian Science practitioner, she prayed daily for me and helped strengthen my understanding that I was a complete, whole, perfect spiritual idea of divine Mind, God—not a female mortal. The embodiment of right ideas was the only body I could have. She assured me nothing false could attach itself to a spiritual idea. She spoke to me of my heavenly Father's tender love, and pointed out that I could be sensitive only to good.

This clear worker directed me to Mrs. Eddy's statement in *Science and Health* (p. 162), "Christian Science brings to the body the sunlight of Truth, which invigorates and purifies." I began to think of God's truth as penetrating and illuminating every dark corner of my consciousness until there was nothing but light. Every time the fear of disease troubled me, I opened my thought to "the sunlight of Truth"—I mentally let the sunshine in, and clung to the rest of the statement, "Christian Science acts as an alterative, neutralizing error with Truth. It changes the secretions, expels humors, dissolves tumors, relaxes rigid muscles, restores carious bones to soundness." The discipline of turning my thought from matter to Spirit resulted in my healing, proving the truth of the final words in this paragraph, "The effect of this Science is to stir the human mind to a change of base, on which it may yield to the harmony of the divine Mind." The healing was complete and permanent.

A more recent healing occurred about three years ago when I was confronted with what singers dread—laryngitis. Not only was there concern about my Sunday church solo, but immediately at hand was a lead role in an opera which had to be performed two consecutive nights. Even my speaking voice had sunk to a whisper.

The practitioner, whom I called for help, reminded me that God is the only cause, that I couldn't lose the qualities of Soul, and that as God's idea I expressed beauty and harmony. This was during the Christmas season. I was assured that I need not fear the anti-Christ

or aggressive suggestion that anything could interfere or separate me from the Christ, Truth, for a single second.

I read the twenty-ninth Psalm and rejoiced over all the "power and majesty" of the voice of the Lord. I could begin to see that this was the only voice I could possibly express. When I thought of the demands of the singing role, I read what Mrs. Eddy says in *Science and Health* (p. 467): "The first demand of this Science is, 'Thou shalt have no other gods before me.' This *me* is Spirit. Therefore the command means this: Thou shalt have no intelligence, no life, no substance, no truth, no love, but that which is spiritual."

During all this, my husband, who is a Christian Scientist, supported me wholeheartedly. Even though he was directing the opera, he never betrayed the slightest anxiety to me or to anyone else. Though the throat condition was still alarming when I went to the theater, my thought was uplifted because I knew God sustained me. I was able to sing the entire performance, and no one knew there had been a problem. It was even more gratifying to repeat the performance a second night and refute the false belief that voice can be damaged. Best of all was to be in my place as soloist on Sunday morning.

My love for the Bible and the teachings of Christ Jesus grows daily. I am grateful to Mrs. Eddy for the blessings of Christian Science, for membership in The Mother Church and a branch church, and for the firm foundation of class instruction.

(Mrs.) LUCY H. BARCLAY
Sedona, Arizona



I wish to tell how I found Christian Science and what blessings I have received from it. I did not know Christian Science existed until 1921, when I took a job where the manager was a Scientist. He talked a great deal to me of this religion, but the only point I understood was Mrs. Eddy's spiritual interpretation of "And forgive us our debts, as we forgive our debtors," found in *Science and Health* (p. 17): "*And Love is reflected in love.*"

I worked for him two and a half years, and when I left, I was not yet a Scientist. But soon I felt compelled one Sunday to go to a

branch church, and from the first visit I became a regular church attendant and a student of this Science. Christian Science has made me a better man both physically and mentally.

As to my healings in Christian Science, a long time ago I was healed of mild heart trouble and of other ailments, such as stomach upsets, which were healed when I expressed more love. Recently a sore arm was completely healed for me in less than two weeks by applying "the scientific statement of being" from *Science and Health* (see p. 468) and with the prayer of a Christian Science practitioner. I also give credit to Christian Science for a full and long life.

The biggest blessing that Christian Science provides is the teaching of the true nature of God and man, that God is Spirit and that man, His reflection, is spiritual. The basis of Christian Science is divine Love, and it is easy to love spiritual man.

I am truly grateful for Christ Jesus, who gave us Christianity, and for Mrs. Eddy, his faithful follower, who gave us this beautiful, practical religion, Christian Science. It is my most precious possession, and I could not get along without it.

ANTHONY BUDNIK
Chelsea, Michigan



Christian Science was first brought to my notice over fifty years ago. On reading and studying *Science and Health* by Mrs. Eddy, I was quickly healed of the smoking habit. In the Preface to *Science and Health* Mrs. Eddy has written (p. vii), "To those leaning on the sustaining infinite, to-day is big with blessings."

In the First World War, while serving with the Army, I sustained a leg injury for which I was discharged as medically unfit for further military service. This was before I knew of Christian Science. At times this condition had manifested itself in a painful stiffness of the knee joint. Through my own understanding of Christian Science, the knee was healed.

Some years ago I was absent from my office for about three months on account of illness. A medical certificate had to be produced to cover this absence, as I was employed as a civil servant. The

doctor named my illness general debility. During this time I did not resort to medication of any kind. With the prayerful help of a Christian Science practitioner, I relied entirely on Science and recovered completely.

Some years later while I was still employed as a civil servant, my wife and I decided to leave our London home and join her parents. I applied for a transfer and was told there were no vacancies. We prayed about the situation, and some months later I was offered and accepted a position that proved beneficial to all concerned.

The passing of a close relative has been a very trying experience, but I have been sustained throughout by inspiring statements in the Bible and Mrs. Eddy's writings. I recall her words in *The First Church of Christ, Scientist, and Miscellany* (p. 131), "Where God is we can meet, and where God is we can never part."

I am indeed grateful for class instruction and am happy to be a member of The Mother Church and a branch church, where I have served as clerk, Sunday School teacher, and usher. I am also grateful for *The Christian Science Monitor*. Mrs. Eddy says (*ibid.*, p. 353), "The object of the *Monitor* is to injure no man, but to bless all mankind." A verse from Hymn No. 134 in the *Christian Science Hymnal* beautifully expresses my thought:

I look to Thee in every need,
And never look in vain;
I feel Thy touch, eternal Love,
And all is well again:
The thought of Thee is mightier far
Than sin and pain and sorrow are.

GEORGE ETHERINGTON
Newhaven, East Sussex, England



When I was ten years old, I developed a rash on my hands. The condition persisted for two years. At one time it was so bad I couldn't write without discomfort. I talked to several Christian Science practitioners during this time; each of them helped me, and my thought became clearer.

At one time when the condition was worse than ever, I spent

the day studying the Bible, and *Science and Health* by Mrs. Eddy. During the next week I filled my thought with love, knowing God loved me and I, as His idea, expressed love. Soon after that the rash went away. My gratitude was overwhelming!

I had had a wonderful change in my thought process, but I was still to learn more through this experience. Several months later while I was away from home the rash reappeared. I became frightened. Immediately I reversed the thought and erased my fear. Instead of feeling let down and giving up, I decided to work even harder. I became persistent in my study of Christian Science.

The truth in two passages of *Science and Health* became evident to me. My hands were very swollen and dry. In place of a lotion I looked up Mrs. Eddy's definition of "oil" (*Science and Health*, p. 592): "Consecration; charity; gentleness; prayer; heavenly inspiration." I also read this healing statement (*ibid.*, p. 463), "A spiritual idea has not a single element of error, and this truth removes properly whatever is offensive." The word "properly" stood out. I knew that I could be healed properly and completely. That night before I slept, I put the rest in God's hands and let Him guide me from there. The next morning the rash had disappeared. I knew the healing was complete. I was free from "the yoke of bondage" (Gal. 5:1). This healing occurred over two years ago and has been permanent. This healing has taught me to be more patient yet persistent in my prayer.

I am rejoicing in God's love. I am grateful that through Christian Science we can share and express His love.

(Miss) HEIDI SEAGREN
Barrington, Illinois

I am happy to verify my daughter's healing. This was a trying time for her and our family, and she won by her steadfast reliance on Truth. We have all been blessed by this healing, and by the deeper understanding we all gained. We appreciate the prayerful help given by several practitioners at different times. We grow as we are forced to dig, and Heidi grew in her understanding and application of Christian Science.

(Mrs.) DOROTHY P. SEAGREN

Words of Current Interest

Related to the Lesson-Sermon
for December 5, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: God the Only Cause and Creator

When I call unto them, they stand up together (Isa. 48:13)

The verbs may also be taken in the past tense, as referring to the events of creation just cited. *The New English Bible* translates, "When I summoned them, they sprang at once into being."

My righteousness is near; my salvation is gone forth, and mine arms shall judge the people (Isa. 51:5)

Righteousness, salvation, and judgment were key attributes of God in Hebrew thought and were closely related. F. J. Taylor notes that in this part of Isaiah "the concept of salvation is very closely linked with the earlier prophetic idea of divine righteousness. The mighty work of God, in which his righteousness is manifested, is in saving the humble . . ."

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.

All things were made by him (John 1:3)

The direct linkage proclaimed here between the divine Word and creation contrasts with the complicated mythologies of late first-century Gnostic teachers and may be a deliberate refutation of them. *The Interpreter's Bible* comments, "The Gnostics . . . interposed a long series of . . . intermediaries between the supreme God and the creation."

If thou hast done foolishly in lifting up thyself, or if thou hast thought evil (Prov. 30:32)

The Revised Standard Version has, "If you have been foolish, exalting yourself, or if you have been devising evil."

And we in him (I Cor. 8:6)

This is a literal translation. The Revised Standard Version has, "And for whom we exist."

Before his face (Luke 10:1)

This literally translates an idiomatic expression. *The New English Bible* has, "Sent them on ahead."

Then shall I know even as also I am known (I Cor. 13:12)

Paul uses a different, more expansive verb here than that translated "know" just before in this same verse and in verse 9. The Revised Standard Version translates, "Then I shall understand fully, even as I have been fully understood."

Christian Science Lectures



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

MEXICO

MEXICO—Mexicali (Society, Calexico, California): See local notice for place. In English, 7.30 p.m. In Spanish, 9 p.m., Fri., Nov. 26.‡ "Life Without Lack" (Mondino)

UNITED STATES

(Week of December 5 to 11, and some earlier dates)

ARKANSAS—Batesville: Church, 18th and College Sts., 8 p.m., Thurs., Dec. 9.‡ "Protection Where Lions Lurk" (Wood)

CALIFORNIA—Chico: Church, 770 Palmetto Ave., 8 p.m., Thurs., Dec. 9.‡ "Life Without Lack" (Mondino)

Glendale (First): Church, 500 S. Central Ave., 3 p.m., Sun., Dec. 5.‡ "Life Without Lack" (Mondino)

Lancaster: Church, 44802 N. Fern Ave., 2 p.m., Sun., Dec. 5.‡ "The Evidence: True or False?" (Tyc)

Merced: Church, E. 21st and Cherry Sts., 7.30 p.m., Sat., Dec. 11.‡ "Life Without Lack" (Mondino)

Pasadena (Third): Church, 2803 E. Colorado Blvd., 8 p.m., Mon., Nov. 29.‡ "Claim Your Real Inheritance" (Tuttle). Note change of day and time.

Richmond: Church, 2417 Barrett Ave., 8 p.m., Tues., Dec. 7.‡ "Life Without Lack" (Mondino)

San Carlos: Church, 1566 Arroyo Ave., 8 p.m., Fri., Dec. 10.‡ "Life Without Lack" (Mondino)

San Francisco (Second): Croatian Hall, 3416 19th St., 8 p.m., Mon., Dec. 6.‡ In Spanish. "Life Without Lack" (Mondino)

San Francisco (Fifth): Bellevue Hotel, Crystal Rm., 505 Geary St., 12.10 p.m., Tues., Dec. 7.‡ "The Evidence: True or False?" (Tyc)

Victorville: Masonic Temple, 14941 Hesperia Rd., 3 p.m., Sat., Dec. 11.‡ "The Evidence: True or False?" (Tyc)

FLORIDA—Lakeland: Church, 220 W. Beacon Rd., 3 p.m., Sat., Dec. 11.‡ "Where in the World Is God?" (McClain)

Palm Springs (First, Lake Worth): Dolphin Theatre, Palm Springs Shopping Center, S. Congress and Tenth Ave., 10.30 a.m., Sat., Dec. 11. "Use Your Spiritual Power" (Henderson)

Tampa (Third): Plant High School, 2414 S. Himes Ave., 3 p.m., Sun., Dec. 5. "Justice Under God's Care" (Henderson)

Tarpon Springs: First United Methodist Church, 501 E. Tarpon Ave., 11 a.m., Sat., Dec. 11.‡ "Why Spiritual Healing?" (McClain)

GEORGIA—Savannah: DeSoto Hilton Hotel, Pulaski Rm., Liberty and Bull Sts., 8 p.m., Thurs., Dec. 9.‡ "Why Spiritual Healing?" (McClain)

IDAHO—Twin Falls: Church, 160 Ninth Ave., E., 8 p.m., Tues., Nov. 30. "Individualizing God's Power" (Pickett)

ILLINOIS—Chicago (Fourteenth): Church, 1713 Sunnyside Ave., 2 p.m., Sat., Dec. 11.‡ "A New Beginning" (Jenks)

Chicago (Seventeenth): Church, 55 E. Wacker Dr., 7.30 p.m., Fri., Dec. 10.‡ "The Touch of Spirit" (Clarke)

Crystal Lake: Church, 431 Woodstock St., 8 p.m., Mon., Dec. 6.‡ "A New Beginning" (Jenks)

Evanston (First): Church, Chicago Ave. and Grove St., 8 p.m., Tues., Dec. 7.‡ "The Touch of Spirit" (Clarke)

CHRISTIAN SCIENCE SENTINEL

ILLINOIS (continued)

Park Forest: Freedom Hall, 410 Lakewood, 3 p.m., Sun., Dec. 5.‡ "A New Beginning" (Jenks)

Springfield: Church, Second and Edwards Sts., 8 p.m., Mon., Dec. 6.‡ "The Touch of Spirit" (Clarke)

INDIANA—Elkhart: Church, Second and Lexington, 4 p.m., Sat., Dec. 11.‡ "The Touch of Spirit" (Clarke)

KANSAS—Arkansas City: Church, 201 North A St., 8 p.m., Fri., Dec. 10.‡ "What's Your Greatest Need?" (Alton)

Sterling (Society, Lyons): Sterling College, Spencer Hall, N. Broadway, 8 p.m., Thurs., Dec. 9. "How to Love and Be Loved" (Alton)

Topeka: Grand Theatre, 615 Jackson St., 11 a.m., Sat., Dec. 11.‡ "How to Love and Be Loved" (Alton)

LOUISIANA—Shreveport (Second): State Exhibit Museum Bldg., Auditorium, 3015 Greenwood Rd., 8 p.m., Tues., Dec. 7. "The Complete Man and Woman" (Heafer)

MARYLAND—Frederick: Church, 5 E. Second St., 3 p.m., Sun., Dec. 5.‡ "Why Spiritual Healing?" (McClain)

MICHIGAN—Albion: Church, 202 W. Erie St., 7.30 p.m., Tues., Nov. 30.‡ "The Touch of Spirit" (Clarke)

MISSOURI—St. Louis (Fifth): Church, 3452 Potomac St., 3 p.m., Sat., Dec. 11. "Protection Where Lions Lurk" (Wood)

MONTANA—Billings: Church, 7 Burlington Ave., 3 p.m., Sun., Nov. 28.‡ "Who Runs Your Life?" (Holmes)

NEBRASKA—Grand Island: Church, 1003 W. Third St., 3 p.m., Sun., Dec. 5.‡ "Finding God's Direction" (Holmes)

NEW YORK—Brooklyn (Second): Church, 340 67th St., nr. Fourth Ave., 3 p.m., Sat., Dec. 11.‡ "The Family of Man" (Rogers)

Rochester (Second): Church, 1 Seneca Pkwy., 8.15 p.m., Thurs., Dec. 9.‡ "Become What You Are!" (Rogers)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

OHIO—Alliance: Church, 3510 S. Union Ave., 8 p.m., Mon., Dec. 6.‡ "From Hell to Heaven" (Rogers)

Cleveland (Third): Church, 3648 W. 25th St., 3 p.m., Sun., Dec. 5.‡ "From Hell to Heaven" (Rogers)

OKLAHOMA—Claremore: Thunderbird Library, Chautauqua Rm., Claremore Junior College, College Hill, 8 p.m., Tues., Dec. 7. "Protection Where Lions Lurk" (Wood)

Guthrie: Church, 323 E. Harrison, 2 p.m., Sun., Dec. 5. "What's Your Greatest Need?" (Alton)

Oklahoma City (First): Lincoln Plaza, Independence Rm., 4345 N. Lincoln, 8 p.m., Thurs., Dec. 9.‡ "The Complete Man and Woman" (Heafer)

OREGON—Eugene: Church, 1390 Pearl St., 12 m., Mon., Dec. 6. "Individualizing God's Power" (Pickett)

PENNSYLVANIA—McKeesport: Church, 1028 Fawcett Ave., 8.15 p.m., Tues., Dec. 7.‡ "From Hell to Heaven" (Rogers)

SOUTH DAKOTA—Rapid City: Alex-Johnson Hotel, Ballrm., 523 Sixth, 8 p.m., Thurs., Dec. 9.‡ "A New Beginning" (Jenks)

TEXAS—Palestine: Church, 402 S. Sycamore St., 7 p.m., Fri., Dec. 10.‡ "The Complete Man and Woman" (Heafer)

VIRGINIA—Fredericksburg: Sheraton Motor Inn, Rte. 3 and I-95, 8 p.m., Mon., Dec. 6. "Where in the World Is God?" (McClain)

Norfolk: Northside Junior High, 8720 Granby St., 8 p.m., Tues., Dec. 7.‡ "Where in the World Is God?" (McClain)

WASHINGTON—Mercer Island: Church, Island Crest Way and SE 47th St., 8 p.m., Fri., Dec. 3.‡ "You're Someone Worth Knowing" (Pickett)

WISCONSIN—Milwaukee (Fourth): Church, 2519 E. Kenwood Blvd., 8 p.m., Fri., Dec. 10.‡ "A New Beginning" (Jenks)

Waukesha: Church, 600 Maple Ave., 8 p.m., Thurs., Dec. 9.‡ "The Touch of Spirit" (Clarke)



Signs of the Times

The Reverend G. E. Tiley
The Vicarage, Chewton Mendip
Bath, Somerset, England
in a letter to his parishioners

Have you ever considered the implication of Our Lord's words when He said "The works that I do shall he do also; and greater works than these shall he do." I always remember lecturing at one of our leading Theological colleges only to find that most of the miracles of Jesus had been debunked or blue-pencilled in their teaching, and even the Resurrection had been watered down to suit our present-day scientific outlook. Many of the students were left wondering if there was anything left to preach about . . .

It is time to say that . . . Jesus was ahead of us all in the things He did, 2,000 years ago. But then

He came . . . to give us hope and vision, and above all to acquaint us with our limitless possibilities, when cooperating with God. And so, far from writing off Our Lord's activities, can we not look forward to the day when we shall understand and accomplish similar so-called miracles. The spiritual laws . . . are still scientific and knowable, and we must press on to their discovery. Having reached the end of discovering the geography of our planet, we now have the exciting prospect of learning how to control it, and not abuse it with greed and pollution. Our sources of energy are going to be noiseless, and limitless and harmless, when we tap the higher realms of knowledge, which we are on the verge of doing. The sheer comparison of Jesus' effortless, painless, and utterly perfect way of healing with the mountain of drugs and machinery which are used in medicine today surely should inspire us to move closer to His way of doing things. God's way is so utterly joyous, creative, and successful.

If only we could get hold of the fact that this is what true religion is all about. The singing of services is the least of what God wants us to do.

TESTIMONY MEETINGS

Meetings at which testimonies of Christian Science healing are given are held in Christian Science churches on Wednesdays. A cordial invitation to attend these meetings, as well as the Sunday services, is extended to all. Information telling where and when these are held is given in the Directory in *The Christian Science Journal*.

THE CHRISTIAN SCIENCE PERIODICALS

The following periodicals were founded by Mary Baker Eddy, the Discoverer and Founder of Christian Science, and are published by The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115:

THE CHRISTIAN SCIENCE JOURNAL: Monthly in English; \$14.00 a year, \$7.00 six months, \$1.25 a copy.

CHRISTIAN SCIENCE SENTINEL: Weekly in English; \$17.50 a year, \$8.75 six months, 50c a copy.

THE HERALD OF CHRISTIAN SCIENCE: Editions published monthly: French, German, Portuguese, Spanish. Each edition \$7.00 a year, 75c a copy. Editions published quarterly: Danish, Dutch, Greek, Indonesian, Italian, Japanese, Norwegian, Swedish. Each edition \$2.00 a year, 50c a copy. English-Braille, Grade Two, published quarterly, \$1.00 a year, 25c a copy.

CHRISTIAN SCIENCE QUARTERLY (Bible Lessons): Quarterly in English, Danish, Dutch, French, German, Greek, Indonesian (available only in Indonesia), Italian, Japanese, Norwegian, Polish, Portuguese, Spanish, Swedish. Each edition \$2.50 a year, 75c a copy. Readers' size, \$3.00 a year, \$1.00 a copy; in English-Braille, Grade Two, with all citations from the Bible and *Science and Health* written out in full, \$2.50 a year (12 issues), 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (regular daily edition): An international newspaper published daily, Monday through Friday, except legal holidays, in English; available to subscribers worldwide; \$40.00 a year, \$36.00 nine months, \$24.00 six months, \$12.00 three months, 25c a copy.

THE CHRISTIAN SCIENCE MONITOR (international weekly edition): An international newspaper published weekly in English; not available to persons living in the United States, Canada, or Mexico; \$37.50 eighteen months, \$25.00 a year, \$12.50 six months, 60c a copy.

You may subscribe for these periodicals directly from The Christian Science Publishing Society in Boston or obtain them from a Christian Science Reading Room in your community.

CHURCH SERVICES AND READING ROOMS

A directory of all Churches of Christ, Scientist, and Christian Science Societies, including the hours of their services and information about their Reading Rooms, appears monthly in *The Christian Science Journal*.

The Mother Church

The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, is located near the corner of Massachusetts and Huntington Avenues.

The Church edifice is open to visitors Mondays through Fridays from 10 a.m. until 4:30 p.m., and Saturdays and Sundays from 12 noon until 4:30 p.m.

SERVICES

Sunday morning at 10:45, Sunday evening at 7:30 (evening service omitted during July and August), and Wednesday evening testimony meeting at 7:30.

Sunday services in Spanish are held in the Original Edifice at 9:30 a.m., and a testimony meeting in Spanish the first Wednesday of each month at 6 p.m.

A supervised Children's Room is provided during all Sunday church services and the Wednesday evening testimony meetings.

Sunday School for pupils up to the age of twenty at 10:45.

READING ROOMS

101 Belvidere Street (north end of Church Colonnade, Christian Science Center). Open Mondays through Fridays from 7:15 a.m. to 7 p.m., also Wednesdays from 8:30 p.m. to 9:30 p.m., Saturdays and holidays from 10 a.m. to 5 p.m., Sundays from 12 noon to 7 p.m.

194 Massachusetts Avenue (corner of Clearway Street). Open Mondays through Fridays 7:15 a.m. to 9 p.m., Wednesdays until 7 p.m., Saturdays from 8 a.m. to 5 p.m. Closed Sundays and holidays.

541 Boylston Street (across from Copley Square). Open Mondays, Tuesdays, Thursdays, and Fridays from 8 a.m. to 7 p.m., Wednesdays from 8 a.m. to 6 p.m., Saturdays and holidays from 10 a.m. to 5 p.m. (closed Thanksgiving, Christmas, and New Year's Day), Sundays from 1 to 5 p.m.

8 Milk Street (near Washington Street). *Jointly maintained with branch churches in the Greater Boston area.* Open Mondays through Fridays from 8 a.m. to 4:15 p.m., Saturdays from 9 a.m. to 4 p.m. Closed Sundays and holidays.

SHOW YOUR LOVE BY JOINING THE MOTHER CHURCH

It's a natural way to express your gratitude for Christian Science. And when you join The Mother Church, your love goes out to all mankind through the Church's worldwide activities.

You are warmly invited to apply for membership at any time. Applications are acted on twice each year—in June (applications due by May 1) and in November (applications due by October 1).

You may obtain an application from any Christian Science Reading Room, branch church or society, from a member of The Mother Church, or from a Christian Science practitioner listed in *The Christian Science Journal*. Or you may write directly to the Clerk of The Mother Church, The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115.

A CONTINUING INVITATION

Members of The Mother Church are invited to write articles and poems for the periodicals. Convincing testimonies of healing are also welcomed from members, as well as from those who have not yet joined The Mother Church.

Specific guidelines may be obtained by writing The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115. Manuscripts should be sent to the same address.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

NOTICE TO CORRESPONDENTS

Officers of branch churches and individuals who have occasion to correspond with The Christian Science Board of Directors, with the Clerk and the Treasurer of The Mother Church, and with the heads of departments of The Mother Church Offices are requested to *place their complete addresses on their letters and to write their signatures plainly*. Women are requested to use the title "Miss" or "Mrs.," as the fact may be, and to use their given names. Your cooperation will be appreciated. General mail address for The Mother Church and its administrative offices is: The First Church of Christ, Scientist, Christian Science Center, Boston, MA, U.S.A. 02115. Telephone: 262-2300 (area code 617). Cable: Church, Boston.

YOU CAN HELP

When you renew your subscription for one or more of the periodicals, please return your renewal notice with your payment. When possible, return payment in the preaddressed envelope provided for that purpose. If you do not have your renewal notice and the pre-addressed envelope, please send a brief note giving your name, address, and the names of periodicals you are renewing to: Circulation Service Department, The Christian Science Publishing Society, One Norway Street, Boston, MA, U.S.A. 02115.

It would also be helpful to send one of the current mailing labels from the periodicals you are renewing.

MOVING OR VACATIONING?

Here's how you can receive the best service on a permanent or temporary change of address for your subscription to any Christian Science periodical. Send the Circulation Service Department the following information:

(1) Full name (as it reads on your subscription label), *former* address, name of each periodical you want changed, and whether on Convenient Payment Plan. *It is always best to include mailing labels from the periodicals involved, when possible.*

(2) *New* address including street, city, state, country, ZIP or post code.

Address changes for *The Christian Science Monitor* and the other Christian Science periodicals may be made by allowing four to six weeks. Changes should be for periods of no less than two weeks.

Send the above information for subscription changes to The Christian Science Publishing Society, Circulation Service Department, One Norway Street, Boston, MA, U.S.A. 02115.

Please note that changes in permanent mailing addresses for the membership records of The Mother Church are *not* covered by requests to the Circulation Service Department for subscription changes. For address changes in the Church files members should notify The First Church of Christ, Scientist, Clerk's Department, Christian Science Center, Boston, MA, U.S.A. 02115.

INTERNATIONAL MONEY ORDERS AND DOLLAR DRAFTS

International money orders and dollar drafts reaching the Publishing Society in Boston contain only the name and address of the sender and the amount. To help us serve you better, will you please write to us at the time you purchase the money order or dollar draft and tell us what your remittance is for. This will enable us to avoid the delay caused by the necessity of writing to you. Dollar drafts purchased from your local bank can be processed more quickly than international money orders.

CHRISTIAN SCIENCE PRACTITIONERS

Public practitioners of Christian Science are available and ready to assist you by prayer, if you need their help. A worldwide list of those who are professionally engaged full time in this healing work can be found in *The Christian Science Journal*. This periodical is obtainable at any Christian Science Reading Room. For a Reading Room in your locality see telephone directory.

SUBMITTING TESTIMONIES

Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

All contributions accepted for publication become the sole property of The Christian Science Publishing Society.

Testimonies should be addressed to The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115.

THE CHRISTIAN SCIENCE TEXTBOOK

Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Indonesian, Italian, Japanese, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

LECTURE NOTICE

Detailed information regarding lectures in the United States and Canada must reach the Journal, Sentinel, and Herald Editorial Department *nine weeks* before the week in which the lecture is to be given in order to ensure publication in the *Sentinel*. Information regarding lectures in other countries must reach the department *ten to fourteen weeks* before the week of the lecture. When lectures are to be radiocast, it should be so stated, station and frequency being included. When Children's Room facilities are to be available, this also should be stated.

The receipt of all information from the United States and Canada is acknowledged by the Editorial Department. If an acknowledgment is not received within two weeks, a duplicate notice should be forwarded.

For lecture announcements to be published in the *Herald*, please refer to information on the back of the Lecture Information forms supplied to branch churches.

This will bring you the *Sentinel* each week.

CHRISTIAN SCIENCE SENTINEL

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F2A

"What can I share from the Reading Room?"

Probably more than you suspect. There is a wealth of things many people would be eager to have if they only knew the loving, uplifting, healing message there for them. Of course, there's one way they can find out—when you share with them.

And you can share these books, pamphlets and records freely. They offer an understanding of man's uprightness and love...the certainty that God is ever-present...a warmer sense of family. Who wouldn't want gifts like these?

As you enjoy each new publication yourself, think of the people you meet each day who would be grateful to have it.

The Bible—the "book of life" in paperback, hardcover and deluxe leather bindings. The Century edition is conveniently sized—small enough for travelers, students, and others with limited space, yet large enough for easy reading and handling. This newest printing of the King James Version comes in bright green cloth, \$10.00, and handsome brown leather, \$30.00. Matching editions of *Science and Health with Key to*

the Scriptures by Mary Baker Eddy are available for all English-language Bibles.

Joseph and His Brothers—a fourth Bible storybook/record answers many parents' desire for something to help their children know God. The dramatic narrative, faithful to the Bible account, is enhanced with colorful illustrations in the book and five original songs on the record. It gives an example of integrity, wisdom and forgiveness children can apply in their own lives. 32-page book with 7-inch 33½ rpm record, \$3.50. (Book only in Spanish, French or German, \$2.00.)

These Are the Ten Commandments—a leaflet in color

shows younger children, with word and pictures, a new way to learn God's basic rules for happiness. Also in Spanish, French or German, 15¢.

True Parenthood—an illustrated booklet with six articles aids and encourages young parents. It discusses spiritual preparation for a coming child; a new



concept of the father's role; help in teaching children to heal; and more. \$1.00.

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**The Life of Mary Baker Eddy—
a biography** by Sibyl Wilbur written during our Leader's lifetime, is the work of an independent journalist who interviewed Mrs. Eddy personally. It's valuable

source material on the Discoverer and Founder of Christian Science. Hardcover, \$7.50.

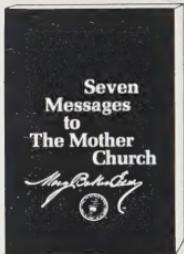
The Seeing Eye and the Hearing Ear—a pamphlet with two articles, can help the reader lift the basis of his perceptions from matter to Spirit and experience their perfect continuity. 50¢.

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Some of the most helpful gifts in the world
are at the Christian Science Reading Room in your town.



How much we need to love

Belonging to any organization brings out the need to work together. It takes the spirit of love. It takes faithful persistence and dedication and it's especially called for in church work. For the mission of church is love and healing.

Mary Baker Eddy knew this. In her Messages to members of her church, she speaks of living Christianity. She shows ways we can learn to love one another. Greater love for our fellow members grows out of a deeper love for God. To love God is to understand Him. To love His children is to appreciate the Godlikeness in them.

You can obtain these *Seven Messages to The Mother Church* in paperback for \$1.50 at any Christian Science Reading Room. Or directly from:

Miss Frances C. Carlson, Publisher's Agent
One Norway Street, Boston, Massachusetts, U.S.A. 02115